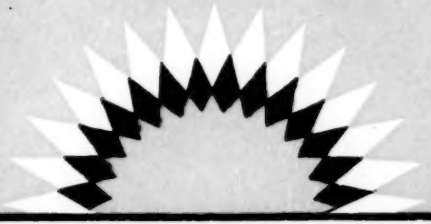
UNITY DAILY WORD



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FEBRUARY - 1931

-Read-

"The Prayer That Lifts Man to God"

A PAGE OF INSPIRATION FOR EACH DAY

AFFIRMATIONS USED BY SOCIETY OF SILENT UNITY

January 20 to February 19

I am illumined and inspired by the Christ within me.

I am strengthened and healed by the power of the Christ within me.

I am abundantly supplied with all good by the Christ within me.

Single copies of *Unity Daily Word* may be obtained at news stands, at 15 cents. Subscription, $1.50 a year.

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February
1931

UNITY DAILY WORD

A little companion that daily will direct your steps to the sun-tipped heights in whose glory you will behold the son of God, for such you are.

Nonsectarian. Published monthly.

F. B. Whitney, *Editor*

Editorial suggestions and comments may be addressed to Editor of *Unity Daily Word*, % Unity School of Christianity, 917 Tracy Avenue, Kansas City, Mo.

GOD BLESS YOU

God bless you at the dawn of day,
God bless you, then, in every way,
God bless you when you pray for light,
God bless you with all power and might.
God bless you, whether rain or shine,
God bless you with all blessings fine,
God bless you and preserve from fall,
God bless you, bent on duty's call.
God bless you with long life and health,
God bless you with success and wealth,
God bless you with His presence rare,
God bless you, for He's everywhere.

MAKING OUR WORLD

A peace-filled mind
'Midst the daily labors,
A love-filled thought
Of our countless neighbors,
A cheer-filled word
For those who sorrow,
A strength-filled faith
In a gladsome morrow,
A help-filled hand
To a brother stumbler,
A hope-filled smile
For a soul-sick grumbler,
A rest-filled step
With a tired wayfarer,
A joy-filled heart
In a praiseful prayer,
A trust-filled way
With those who doubt us—
Make a sun-filled world
Each day about us.

—*Ruth Y. Shaw.*

THE PRAYER THAT LIFTS MAN TO GOD

THE TIME of prayer should not be the occasion for man to think of himself as a worm of the dust or as a sin-soaked sinner. Regardless of what man has believed himself to be, he, when in prayer, should seek to find out what he is in truth. His sinning may cause him to resort to prayer, he may approach prayer in a most humble attitude, but when he starts to pray he must give up the tendency to think of his sins, faults, or imperfections. He must give up all inclination to see himself according to worldly standards. By prayer he opens the windows of heaven and beholds himself revealed in the glory of the kingdom.

Were he to approach God in a cringing attitude, he indeed would appear conspicuously unlike the majesty of his Father. He could not catch the truth and glory of his divine sonship if his eyes were turned earthward, instead of Godward. He would have the wrong concept of prayer and, consequently, miss much of the good that might, otherwise, be gained from it.

If you must be humble, penitent, and contrite, then be so before you actually engage in prayer. Let prayer be your time of exaltation, the time of your ascension, the time when you stand in the presence of God bathed in the light of heaven.

Is this concept of prayer something new to you? Does it sound heretical to your old concept of prayer, or make you feel disloyal to the

accepted views of religion? The words "prayer" and "to pray" used in our English translation of the Bible are a translation of the Hebrew root word, *palal*, which carries the significance, "to judge oneself to be marvelously made; to recognize wondrous things within the self, and to do so continually and habitually." Does this make this concept clearer to you?

In prayer, then, seek to think of yourself as being marvelously made. Would such an attitude include a thought of sin, disease, or imperfection? God has created you in His image and likeness. Will you not accept this truth? Or will you, while in prayer, attempt to carry into your concept of His divine Fatherhood a thought that He is untrue or that His Truth does not pertain to you, His child?

Next, recognize the wondrous things within your true self, the Self of God. Recognize light, peace, life, love, perfection, and substance divine. In this Self of God behold your own selfhood, for this is your real and true self. Behold something of God Himself within you. Behold His wondrous presence within and about you, a presence that in truth is your own reality and life.

Recognize this divine truth continually and habitually. Continually? Yes, at all times. Since this is the absolute truth, you must consider it so forever and ever. When you appear to be disturbed by things of the world, then you must know the truth about yourself, about your freedom from external things. When you ap-

pear to be unhealthy, then you must realize the truth that you are marvelously and perfectly made. You must realize this truth when actually in prayer or engaged in the daily task.

If you would pray the prayer that lifts you to a realization of the presence of God, you must know what prayer is in truth, and you must pray the prayer of Truth. You must enter the divine presence with a clear countenance, uplifted eyes, and head erect. How else can the glory of God's presence be reflected from your countenance!

The prayer that exalts must be of an exalting character. If your prayer tends to cast you down, then it would fall short of this ideal and purpose. You cannot expect to be exalted by a prayer the very nature of which is depressing. Those who cringe in the dust come to think of themselves as of the earth, earthly. Those who know themselves as sons of God find themselves so accepted by the heavenly Father.

Those who in prayer feel lifted up have power also to lift up others to Christ. The teacher of practical Christianity who through prayer feels exalted can help others to rise out of personal limitations, disease, and lack, and help them to be lifted up to the presence of Christ.

Healing is not a mysterious, mesmeric, or fraudulent process or experience. The individual through prayer rises out of the belief in and manifestation of disease. It ceases to be a reality to him or a part of him. He is exalted to

the Truth of heaven, wherein he sees himself as God sees him. He beholds the truth, beauty, and holiness of health and perfection, and accepts these as his own.

Humility is but the vestibule to prayer. Prayer itself is illumination, inspiration, exaltation, and revelation. In prayer man exchanges the crucified Christ for Christ exalted. He loses sight of Calvary when he beholds Christ, perfect man, resurrected, ascended, glorified, victorious, triumphant! What a picture! The perfect man of God exalted and the light of God within him radiating His resplendent glory.

Your escape from the woes of the flesh, your release from unhappiness, disease, and failure, exists as a reality in the heart of prayer. You have but to sacrifice a limited, personal impression of yourself, you need but place the old belief on the altar of sacrifice, in order to have your prayer ascend to high heaven and have it answered in a measure far surpassing your most sanguine expectations.

Cease to limit for yourself what can be done through prayer. The prayer that has been answered for you today will be but a slight introduction to, or forecast of, what will follow. The exalted feeling that you experience now through prayer but serves to reveal what will come to you at some time when your thought will ascend still higher and higher in spiritual consciousness. Be ye exalted! Lift up your head, your eyes, your heart. Your illumination and ascension are at hand.

MILITANT CHRISTIANITY

THOSE WHO think of the Christian in terms of passivity, sacrifice, meekness, and negation find themselves called upon to explain some of the acts of Jesus when He, as sometimes happened, seemed to be far from meek and lowly in heart. Possibly the Master, when called upon to take drastic steps, was able to act from the standpoint of meekness and lowliness, even though His outer acts appeared to spring from a mental attitude quite unlike that which we might expect in one meek and lowly.

A missionary, having put into words a graphic picture of Jesus as humble, as denying Himself the pleasures of the world, as scorned by men, with no place to lay His head, going the way of the cross, and being crucified, turned to an unlettered Oriental and said, "Come, follow in His footsteps." It was the young man's first acquaintance with the white man's God, and he ran from the little chapel terrified.

We can see that Christianity presented in such fashion becomes a negative philosophy of life. It would seem to be more of a philosophy of abnegation, denial, and hardship than a philosophy of truth and life. Backed up by the "Thou shalt not[s]" of the Old Testament, it would appear to the stranger as purely a religion of humbleness, adversity, and self-effacement.

Jesus rebuked such a conception of Christianity when He drove the money-changers from the Temple. He set His approval upon a positive and militant Christianity. He was not

passive to things about Him, but positive in the consciousness of His mastery over them. If necessary to do so, He was willing to take a drastic outer step to reinforce His mental handling of external things.

Were we as Christians content to confess our sins, to look upon Jesus solely as a martyr to His crucifixion, and to prepare for a happy death, we should seem to find little in Christianity to inspire and exalt us, little to make us want to live and to enjoy a life radiant with the knowledge of Truth.

In Unity chapels our thought is not upon a humble carpenter or a crucified Christ, but upon Christ radiant, victorious, and triumphant. We do not underestimate the trials of Jesus when we seek to emphasize the importance of His victories and overcomings. To us, He is a risen Christ. He is now, and continues to be, in command of His world. He does not seek to add to the humilities of His experiences by causing His followers to be downcast and dejected. He is Christ triumphant.

A militant Christianity presupposes its Christ as at its head with His own head erect. Such is the position of Christ today. Such is our concept of Him—positive, militant, victorious.

In a healing treatment there is the early stage in which the seeker for health is humble and passive, a humility and meekness to be expected as such a one enters the healing presence of Christ. If this person were to go no farther

than this he would still be seeking, still passive, still negative to his good. No doubt, many persons fail to be healed because they fail to take the second step.

Such persons defeat the object of prayer or treatment by holding a negative and passive attitude that works against the positive, powerful, and active presence of Christ. Their passivity and negativeness act as an insulation to the spiritual power that envelops them at the time of prayer.

Christ is militant! In a complete healing treatment His force is directed against the evidence of disease to vanquish it in its entirety. In the sight of Christ, disease is without reality, presence, being, or power. He makes this truth appear in manifestation by establishing His own presence of health and wholeness where disease has appeared to be.

Do you perceive the new concept of Christianity that Truth is presenting to the world? Do not the teachings of Jesus present a new light to you? You can see that Christ risen, glorified, and militant must be acknowledged as the head of His militant army. Our young Oriental friend would glady accept the invitation to come and follow in His footsteps, for those who follow Him recognize in the glory of Christ the glory, perfection, triumph of man.

Christ militant! Christianity positive to the good! May those who accept the name of Christians go forth in the truth of Christ's supremacy.

COME YE APART

FOR THE TIME being feel that you are retreating from those things in the world which seem to vex you. Withdraw from the persons and things that annoy you. Detach yourself from the personal situations that seem to cause you to worry and to be anxious. "Come ye yourselves apart into a desert place, and rest a while."

Come apart from the tribulations of worldly experience. Detach yourself from things of the outer life. Come to the desert place, deserted by things of the world, yet filled with the presence of God. "Could ye not watch with me one hour?" There you will be content to be alone with God. You will find the garden of prayer, the retreat of retreats, the place of spiritual communion.

"Come ye . . . apart." Come apart from that world in which ignorance, inharmony, hate, fear, disease, and failure seem to hold sway. Come apart from personal animosities, jealousy, envy, and bitterness. Separate yourself from unpleasant memories, unhappy thoughts, personal consciousness. Sever all relation with the thoughts and things that have filled your world with the appearance of evil. "Come ye . . . apart."

Know that you can easily separate yourself from bitter experiences. Realize that they are not a part of you, that they are not inseparably joined to you. Know that the divine within you, the real you, is never joined to that which is evil or adverse. In Spirit you are never at

one with unhappiness, disorder, injustice, and failure. Throw off all bondage to unpleasant memories, break the shackles that would bind you to unhappiness. Let your soul soar. Let it bear you to the "desert place," where the Spirit of Christ awaits you.

Detachment from outer things strengthens your faith in Christ within you. When you cease to believe in the power of material things or external events, you give more thought and power to the inner life. You realize that Christ in the very midst of you is mightier than all else in the world.

In the desert place you will see the world from a new angle. Living in the presence of God, you will see life from a higher viewpoint. The viewpoint of the world, which formerly disturbed you, will worry you no more. Those persons who have given you trouble will cease to vex or to irritate you. Things that you formerly hated or feared you will learn to love. In the desert place the love of Christ, all-encompassing, all-infolding, will be revealed in you.

"Come ye apart." Accept this invitation of Jesus, even as it was given to and accepted by the apostles. Come to His desert place. He has made this "desert like the garden of Jehovah." It is a spiritual oasis in a so-called material world, a fountain for thirsty souls.

Leave personal consciousness in order to gain the consciousness of Christ. Give up hate and fear in order to possess and to feel the love of God. Retreat to that heavenly kingdom

within yourself wherein the Spirit of God communes with your own indwelling spirit. You will feel yourself detached from those things that formerly enslaved you, things of which you formerly were a part. You will discover that you are one with the very presence and power of God. You will have found yourself.

The voice of Spirit within you is continually saying to you, "Come apart from these things of the world. Come to my desert place, where I will refreshen and strengthen you. Come, rest for a while, and return to your chosen work renewed in Spirit." What is your answer? You accept the invitation when you turn your thought within yourself and retreat to the very heart of your being. There you can rest and be refreshed. There you will be apart from the cares of the outer life. There you will find yourself—God within you!

And whene'er you leave the silence of that happy meeting-place,
You must mind and bear the image of the Master in your face.

When you leave the desert place, your secret place of prayer, you will carry with you a lasting impression of your meeting with the Christ. He will have impressed His thought, His love, and His likeness upon you. Others will feel the influence of the exalted Christ in your heart.

The matter that may be troubling you this day, what of it? Can you separate yourself

from it? Can you go apart from it and go to your Father in prayer? Of course you can. You have power to leave all things behind when you set out for the desert place. What if you are ill? What if you have failed? Then "come ye . . . apart" from the belief in disease and failure. Go to the desert place and be refreshed, strengthened, prospered.

Come apart—from disease and weakness. Lift yourself out of these false beliefs and unholy manifestations. Go within yourself and discover that God is your health and your strength. Rest awhile in His strengthening and healing presence. Abide in His peace and His love.

Come apart—from the belief in lack and failure. Rise out of these limitations. In the secret place within you, you will discover that God is your substance, your prosperity, and your success.

In the command to come apart and rest awhile you have the secret of how to demonstrate over any unhappy situation in your life. You can solve personal problems and correct unpleasant environments. You can cause the power of God within you to manifest as your environment and to infold you in the same peace and harmony that fill the inner kingdom. Detachment from things of the world but strengthens your attachment to things of God. Through this attachment you can master your world. Through it you have the key to all possibilities, the secret of all demonstration.

INVOCATION

This is an interpretation of Charles Fillmore's "Invocation." "Invocation" is found in the booklet, "*Directions for Beginners.*"

"I am now in the presence of pure Being." In this holy presence I realize that in truth and reality there is only God. I am now at one with the great I AM of Spirit. In this holy presence no belief in the presence or power of anything unlike God can take command of me. To enter this mighty and holy presence, I have been willing to cast from my mind, my life, and my environment everything ungodlike in character, everything that sets itself up as opposing or equaling God, the omnipotent.

"Immersed in the Holy Spirit of life, love, and wisdom," I give up all recollection of, or association with, ignorance, hate, fear, or death. I am forevermore alive in the light, love, and life of God. The glory of heaven is now showered upon me. My heavenly baptism now takes place, and my soul is flooded with the presence of Spirit. I am immersed in the omnipresence of God. His light, life, and love—now poured out upon me—are, indeed, a heavenly benediction. He gives me of Himself, and I am at one with Him.

"I acknowledge Thy presence and power, O blessed Spirit." To me henceforth there can be no other truth, being, reality, or existence. There can be no thought of evil, because Thou art the presence of good. There can be no existence of adversity, because Thou art the pres-

ence of holiness. There can be no power of sin, disease, or death, because Thou art omnipresent as good, truth, reality, the absolute! Naught can have power but Thou, for Thou art omnipotent! I acknowledge Thee only.

"In Thy divine wisdom now erase my mortal limitations." Through Thy wisdom, now expressed within me as my own, may every unwise, ignorant, or unillumined thought be cast from my mind. Help me to deny and to eliminate every belief that is not founded upon Thee, who art the reality and the permanence of my life.

"From Thy pure substance of love bring into manifestation my world according to Thy perfect law." From Thy loving substance cause to manifest in my life all that is pure, noble, high, and heavenly. Bring into expression Thy heavenly kingdom, that spiritual realm in which I with Thee now live, and move, and have my being. Cause me to behold in Thy heavenly mirror myself as I am seen in Spirit. Permit me to glimpse Thy divine concept of me as it exists in the higher realms of mind and Spirit.

Having every mortal limitation erased from my mind and my body, acknowledging Thy presence and power, being immersed in Thy Spirit, light, life, and love, I am now at one with Thy omnipresence of all good, and behold Thy substance manifesting as my perfect world according to Thy divine principle, the law of Thy perfect world, in which I abide forevermore.

BE GLAD TODAY

By FANNIE HERRON WINGATE

Be glad today, for kindly Night
Has wrapped the things of yesterday
Close in his mantle of the dark,
And borne them all far, far away.

Be glad today, and do not try
To seize the joys of the tomorrow;
Extract from each short hour its good
Nor seek your future joy to borrow.

Be glad today, and live as live
The lilies fair in yonder field;
They take of both the rain and shine,
And each to them its good must yield.

Be glad today! You have within
A Friend whom naught from you can sever;
Take Him as guide. Fear not! Be glad!
For Spirit will be faithful ever.

Be glad today! For if, dear heart,
You can be glad just for today,
Tomorrow never comes, you know
And, so, you will be glad alway!

My faith that Christ is in the midst of me is the faith through which I can do all things.

I REJOICE that I do not lack faith. I no longer doubt God, the good, or think that His power will not prevail. I am free from the unbelief of the doubter. I am free from all the beliefs that would undermine faith. I am established in the faith that Christ is within me.

The faith that Christ lives within me is the same faith that Jesus had. It is the faith that knows no doubt, no compromise, no failure. It is the faith that overcomes worldly thought, the faith that causes me to pass over material conditions, a faith firmly established in the realization that only God, the good, is true.

As my faith in God, the good, increases, my belief in the power of evil decreases. I look forward to the perfect realization wherein my faith in God shall be complete. My faith is now quickened and I lay hold of the blessings of God that come as a reward for absolute faith.

I have faith in God as my light, peace, life, love, and substance. No adverse belief can destroy my faith in God. No negative thought can cause me to lose faith, because my faith is established in God, omnipotence.

Great is thy faith: be it done unto thee even as thou wilt.—*Matt. 15:28.*

My inner sense of hearing is quickened, and I am obedient to the voice of Spirit within me.

HCEASE to be disobedient to the bidding of Christ in the midst of me. I do not try to "turn a deaf ear" to the voice of Spirit. I do not put a barrier between myself and Spirit. I am one with it, one with its voice and its bidding.

I am willing to sacrifice selfishness, stubbornness, and resistance in order to listen to Spirit's voice. I am ready to give up all personal consciousness that I may be one with the Spirit of Christ, the Spirit of wisdom and light.

Henceforth, I obey only one voice, the voice of Spirit and Truth. I hear Spirit when it speaks to me. I am willing to adjust my personal life to the great universal plan of Spirit. I am receptive to spiritual guidance, obedient to spiritual direction, successful in spiritual undertakings.

My inner sense of hearing now causes my physical hearing to be quickened and strengthened. I hear every word of Truth, I hear every loving voice. I hear the Master say, "Blessed are . . . your ears, for they hear," and I know that I am blessed with perfect hearing.

The Lord Jehovah hath opened mine ear, and I was not rebellious.—*Isa. 50:5.*

TUESDAY, FEBRUARY 3

God's omnipresence of good assures me that neither evil, sin, nor adversity can have any place in my life. God, the good, is eternally omnipresent.

FILLING my mind with thoughts of good, I become identified with that which is good, high, and noble. Thinking heavenward, I become unified with God, the good. I become one with all good, one with His presence of good.

Since in absolute Truth, in the sight of God, good alone has reality, being, and presence, then in truth there can be naught but the presence of God. Since I accept this truth of God as Truth, then for me there can be no presence of anything unlike God in my life. In God, in Truth, in heaven, there is no evil, sin, or adversity. God, the good, alone has reality, being, and permanence.

Keeping my mind centered upon God, the good, I free myself from thoughts of evil. With my thought placed upon God, I feel His presence of good infolding and permeating me. I am quickened to the realization that only God, the good, is real or ever can be true. I know that God is a factor for good always attending me, always inspiring me, always bestowing good upon me.

Oh how great is thy goodness . . . !—*Psalms 31:19.*

WEDNESDAY, FEBRUARY 4

The joy of the Lord welling up within me causes me to think joyful thoughts and to radiate joy to all whom I meet.

I AM ONE with the joy of the Lord. I sever all connection with depression, gloom, and sorrow. I cease to be sad. I know that as a son of God my duty is to express the joy of my Father. His joy fills me completely.

The joy that wells up within me is the joy that comes from knowing God. It is the joy that emanates from Spirit. I joy in my knowledge of Truth. I rejoice to know that God is my light, my peace, my life, my substance of plenty.

How can I lack joy when the presence of God as Spirit within me fills me with joy? How can I ever miss His presence when He is ever with me, filling me with joyful thoughts and joyful ideas? His joy causes my heart to be light and my body to be filled with the very presence of healing.

The perfect joy of Spirit fills me and infolds me. I am immersed in joy. My every thought is filled with joy, and I know the meaning of the joy celestial. I live in the presence of joy and, at all times and under all circumstances, I am joyful.

The meek also shall increase their joy in Jehovah, and the poor among men shall rejoice in the Holy One of Israel.—*Isa. 29:19.*

I am moved by the care-free Spirit of God within me to give up all thought of worry and anxiety. I know that good will come to pass.

I AM NOT a victim of worry. I refuse to entertain thoughts that would make me anxious or disturbed. I know how to discipline my thinking. I have power through the Christ mind to think thoughts of truth, harmony, and peace. These thoughts act as an antidote to thoughts of worry and anxiety. Through the operation of my spiritual thought, all worry is now neutralized in my mind.

I am willing to cast my burdens upon the Lord. I am ready to lay aside every mental weight. No adverse belief about things of the world has power to depress me or cause me to become worried or anxious.

I now disconnect myself from all thought of worry. In mind I am detached from all conditions that cause anxiety. I give up thinking about all external conditions that would cause worry. I place all my affairs in the care of Spirit.

I know that good is now coming to pass. I know that henceforth there is no occasion for worry. I realize that Spirit places all my affairs in divine order.

In nothing be anxious.—*Phil. 4:6.*

FRIDAY, FEBRUARY 6

New thoughts fill my mind and cause my mind and my body to be refreshed and renewed.

I NOW ENTER into full realization of the newness of life. I cease to feel that I have any part in the race belief in age. I withdraw all relation to crystallized conditions of thought. I realize my oneness with the youth and life of Spirit.

Living in the newness of life, I feel that my mind is filled with new ideas. I am refreshed by new thoughts. My mind is charged with new energy. I have new viewpoints and new reactions to the situations of life.

I live in a world in which I find new and pleasant surprises on every hand. God is continually blessing me with new gifts.

My thoughts of newness externalize and manifest in my body as new life, new energy, and new strength. My nerves, blood, muscles, and organs are filled with new vitality. I am renewed physically, even as I am refreshed mentally.

My world and my environment take on the appearance of newness. All about me I see evidences of new life springing into manifestation. I live in the midst of all things new.

Behold, I create new heavens and a new earth; and the former things shall not be remembered, nor come into mind.—*Isa. 65:17.*

SATURDAY, FEBRUARY 7

The inexhaustible, energizing, and unending life of Spirit fills, vitalizes, and satisfies me.

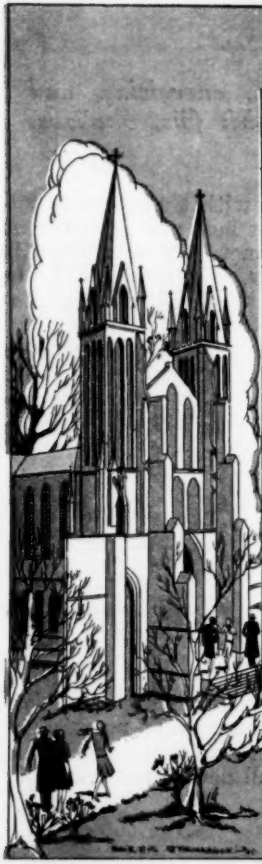
SINCE I AM one with God, inexhaustible life, I cannot lack sufficient life at any time. I cannot be apart from His life, His vitality, His energy. I am eternally one with the vitalizing life of my Father. God's life is my life.

I am filled with life. Every cell of my body is filled with the presence of God, who is constantly making Himself known as my very life and existence. No belief in a lack of life or in its cessation can abide in my mind or find lodgment in my body. I am alive forevermore in the abundant, omnipresent life of God. In Him, I live eternally.

I am satisfied with the life of Spirit. I do not seek satisfaction in the world about me. I am satisfied with God in the midst of me. His life is sufficient to me, and all-abundant. I need to have nothing more than His presence, for it will draw to me all that I need.

Abiding in the life of God, I am alive forevermore in that life which has no ending. God's life is deathless. It now is my life. It is my life for all time, in all needs, and under all circumstances.

With long life will I satisfy him.—*Psalms 91:16.*



Have You P

Have you, in seeking peace, t
sus do?
If every other plan has faile
If you are wond'ring what t
Just whisper low your secret

Have you yet prayed about it
Then, place the matter in His
The load is lifted when you p
When you give all into His ha

You wonder what the Christ
If He could still His bessing
"Yes, love and sweet forgetf
Oh, what a comfort 'tis to kno

ou Prayed About It?

ng peace, tried prayer? Now, what would Je-

has failed, see what's in prayer for you;
ng what to do and cannot well decide,
our secret thoughts to Him who's at your side.

d about it, friend? You wonder what is best?
ter in His hands and leave to Him the rest;
hen you pray, your heart will lose its sigh
nto His hands as He is standing by.

e Christ would do? If He would smile, forget?
s bessing give, if He'd be loving yet?
t forgetfulness," He recommends to you;
'tis to know just what the Christ would do!

God now rules my life as the law of good, setting me free from all belief in the power of adverse law.

I RECOGNIZE but one law, the law of God, the good. God, the principle of Being, is the law that rules and governs my every thought, word, and deed. God, as the law of good, is the law of my light, peace, love, health, and success.

I recognize no law but the law of Spirit. I do not believe in adverse laws or in laws of failure or disease. God, divine law, is the one presence, the one power, of my life. I do not believe that I am under the government or dominance of any law or so-called principle of ill health or bad luck. I cease to think of myself as having any relation to any thought, law, or force that sets itself up as equal to or opposing God, the One.

The law of Spirit is the law of harmony, love, health, and plenty. It is the law of God that governs and dominates me at this time. It is the law under which I now place my loved ones, all that is dear and near to me, all my affairs, all my plans.

God as law continues to rule and to govern my life at all times. I have but to recognize this law in order to receive its blessings.

We know that the law is spiritual.—*Rom. 7:14.*

MONDAY, FEBRUARY 9

My peace is constant. It is unlimited and unaffected by persons, things, places, or circumstances. My peace is of God.

I DO NOT think of my peace as depending upon external things. It does not come to me because of the state of things in the outer world, but through my understanding and recognition of the presence of God within me.

I give up the race idea that persons and things can make me inharmonious. I cease to think that my peace is limited to certain places or that I must be in certain localities in order to be peaceful. My peace is always with me, since God is always in my midst.

Peace of mind is now mine, since I am at one with Divine Mind. The peaceful thoughts of God fill my mind. I am harmonized in His presence and at peace in His light and understanding. Great peace fills my soul, and I know peace akin to the peace of heaven.

My whole being is filled with peace. Nothing inharmonious can abide in my mind or in my body. The presence of God, the presence of peace, fills me to satisfaction, and there is no place for inharmony. My peace is constant, since I am constantly in touch with God.

In this place will I give peace, saith Jehovah of hosts.—*Hag.* 2:9.

TUESDAY, FEBRUARY 10

My understanding, recognition, and realization of the presence of God bring manifold blessings into my life, blessings that answer my desires and needs.

KNOWING and recognizing God and His all-presence, I feel that He appears in my life as blessings commensurate to my needs. His blessings appear as the things that I most desire. I recognize in these blessings God appearing as infinite good. I behold in them God giving Himself to me in the form and in the manner in which He can best serve me.

I realize that God continues to bless me. I know that I can never be separated from Him or from His blessings. I realize that I have but to turn my eyes Godward, my vision heavenward, in order to behold God pouring out His blessings upon me.

God's presence is the very presence of infinite blessings. I am blessed with peace because God as peace is now with me. I am blessed with health because He as life and health is forever at one with me. I am blessed with success and plenty because I am unified with His substance and abundance.

Blessings continue to be showered upon me, and I recognize each one of them as from God.

The blessing of Jehovah, it maketh rich.—*Prov. 10:22.*

WEDNESDAY, FEBRUARY 11

I cease to think of myself as an imperfect creation of God. I am forever stainless, sinless, and perfect in the sight of God, my Father.

I AM NOW free from the belief that I am a creature of sin or imperfection. I do not look upon myself from the standpoint of appearances. I cease to look for faults or blemishes in myself. I am now, always have been, and always shall be the perfect child of God. In His sight I am without stain, sin, or blemish. He beholds me as His perfect creation now appearing in the flesh.

I give up all thought that I am a worm of the dust or a creature of sin. I give up the race belief that I am something short of divine perfection. I know that in Truth and in Spirit I am God's perfect child, expressing and manifesting those qualities of God that cause me to appear like unto Him.

Henceforth I shall think of myself as God thinks of me, as created in His image and after His likeness. I shall disregard appearances to the contrary, and see myself as I am seen in heaven, in the sight of God. I shall lay hold of the divine nature implanted within me, which now seeks to manifest to the glory of God and to the honor of His creation.

Ye therefore shall be perfect, as your heavenly Father is perfect.—*Matt. 5:48.*

The freeing power of the Christ Truth has set me free from every belief in bondage.

CHRIST, the Spirit of freedom, has now set me free, free from every bondage conceivable by mortal man. I am no longer a victim of the belief that man is on this earth in bondage. I walk forth this day in the freedom that Christ gave me when He set me free. The truth of my absolute freedom through Christ is now accepted by me, and I walk at liberty.

I am not mentally bound by limited thoughts. I cease to let inharmony, worry, and anxiety trouble me. I am free. The freedom that Jesus brought to humanity is the freedom of Christ within me. It is the freedom that sets me free from every adverse belief.

My body is free from those negative beliefs that would hold me in physical bondage. I am liberated from disease and weakness. I am free from the belief that I am bound to ill health in any form. My body relaxes from all sense of bondage, and it is free.

I go forth this day walking in the freedom of Christ, the freedom that recognizes no bondage. I am free because Spirit within me is free.

I shall walk at liberty;
For I have sought thy precepts.
—*Psalms 119:45.*

FRIDAY, FEBRUARY 13

God's perfect world, heaven, now appears, and I find myself in its midst.

HEAVEN, to me, is wherever God is, and, since He is here in His omnipresence, heaven is here and now manifest. Since I am at one with Him and His presence, I am now in the midst of heaven, His perfect world.

I do not look forward to a heaven at some other time or in some other place. I know that heaven is not limited by time or space. I now abide in the high consciousness in which I recognize the timelessness and spacelessness of Spirit. I live in the heavens of spiritual consciousness, and therein I find my heavenly blessings.

Finding the kingdom of heaven—the kingdom of God, the good—within and about me, I find the existence of every good that I seek. Having found heaven, I discover therein the consummation of every ideal. God's all-infolding presence assures me the presence of heaven. His love bestows upon me the rewards of heaven.

As I abide in heavenliness, I sense the perfect relation that I enjoy with the things of God. I feel myself unified with all that God has. I know that I am one with Omnipresence.

Seek ye his kingdom, and these things shall be added unto you.—*Luke 12:31.*

SATURDAY, FEBRUARY 14

The love of God fills my heart, and I am loving toward all persons in all situations.

FILLED with love, I am now devoid of all sense of hate and fear. Every unloving thought is cast out of my mind. Every feeling of bitterness, personal animosity, jealousy, and hatred is now expelled from my heart. I abide in love, the all-powerful love of Christ.

Filled with love, my mind bestows love upon all its thoughts. Every unloving thought receives its baptism of love. Every thought of criticism, condemnation, or hatred is impregnated with love and lovingly transformed.

Filled with love, I love all whom I meet. My aura is charged with love, and I radiate love to all my fellow men. I see them blessed and transformed through love. I behold God as love doing His perfect work in all these.

The loving presence of God fills my body with love and health. All tenseness caused by irritating and unloving thoughts is now removed. Love reigns supreme. God as love now manifests Himself as love in every part of my physical organism, and I am regenerated through love. I abide in God, and He as love abides in me.

The Lord make you to increase and abound in love one toward another.—*I Thess. 3:12.*

SUNDAY, FEBRUARY 15

Established in the justice of God, I am justly dealt with, and I deal justly with all men.

I SURRENDER every belief in injustice in order the more fully to understand, possess, and enjoy the justice of God. I give up every thought that I am unjustly dealt with or that any one is now in position to render judgment against me.

Established in the consciousness of divine justice, I deal justly with all whom I contact. I no longer have any desire to be unjust. I wipe from mind every thought that I can succeed through injustice. I cease to believe that I have any right to be unjust with others.

I abide in the consciousness of perfect justice. I know that even now God is at work in me and in all my affairs, bringing justice to pass. I realize that God in the midst of me is mighty to judge wisely, lovingly, justly, and well. I am willing to stand aside and let God do His perfect work. I have no desire to usurp the place of God or to set myself up as a divine judge.

Infinite justice now prevails in me and in all my affairs. The justice of God is now manifest in all that I do. His justice prevails in all my dealings, for all my affairs are in His keeping.

What doth Jehovah require of thee, but to do justly.—*Micah 6:8.*

MONDAY, FEBRUARY 16

My spiritual eyes are opened and I see God's beauty everywhere expressed.

GOD speaks to me and says, "Look . . . that ye may see!" My eyes are opened, and I look upon a world of beauty and perfection, a world of reality back of that world which appears to be. Through my spiritual eyes I catch the vision of God's loveliness everywhere manifest.

My vision is spiritually quickened, and I see all things clearly and distinctly. I behold good in place of evil. I see Truth revealing itself in place of the masquerade of evil. I behold God's omnipresence where evil formerly seemed to exist.

My physical eyes become strengthened as my spiritual eyes continue to function. My physical eyes lose all sense of weakness, fatigue, or disability. They are filled with the cleansing, vitalizing, healing, strengthening power of Christ. I obey the command, "Look . . . that ye may see."

I give thanks for perfect vision and bless my eyes. They are perfect. They cannot cease to function well, because God is their strength and their power. He has opened my eyes to the truth of their strength and their perfection.

Look, ye blind, that ye may see.—*Isa. 42:18.*

TUESDAY, FEBRUARY 17

The mind of Christ—the mind of light, peace, love, life, and plenty—is the source of my thoughts of Truth.

I KNOW that in Spirit there is but one mind, one divine science, one spiritual consciousness, one Truth. This one mind, the intelligence of Truth, is the mind of Christ, the perfect man, now coming forth within me. From this mind, which I now recognize as my own mind in Spirit, now emanate thoughts of Truth—thoughts of wisdom, harmony, love, health, and substance.

The mind of Christ in me, the wisdom of my divine self, now fills me with high and noble thoughts. There is no room in my mind for negative or adverse beliefs. There is no place for thoughts of ignorance, discord, hate, fear, disease, or lack. The mind of Christ fills me with itself and with its ideas.

Thinking thoughts of Truth, I think heavenward. My thoughts aspire to God. I think of light, and I am spiritually enlightened. I think of peace, and all sense of inharmony and discord is gone. I think of love, and find that hate and fear have vanished.

The mind of Christ continues day and night to fill me with thoughts of Himself, of all good.

Have this mind in you, which was also in Christ Jesus.—*Phil. 2:5.*

I give up all feeling of restlessness and impatience, and I patiently trust God to manage all my affairs.

I RECOGNIZE patience as coming from complete trust in God. I know that, when I realize that He is bringing good to pass, I cannot be restless and impatient. I know that, as I give up the belief that things of the outer world can work against me, I become more firmly grounded in the realization that God within me is mighty to do all things well. Knowing this truth, I cannot become impatient about the outcome of my affairs.

I am freed from all sense of restlessness, because I am now poised in Spirit. I abide in the presence of Christ, the presence of peace and patience. I need not be concerned about the future, because I know that my success is assured. I know that good is now winging its way to me.

Patiently trusting God and relying upon Him in all things, I am confident that only the best in life can come to me. I need not fear or be afraid of what tomorrow may bring. I patiently trust God. My patience continues to develop. I am patient in all things.

Patiently looking to God to bring good to pass, I am always finding my good at hand.

The Lord direct your hearts into the love of God, and into the patience of Christ.—*II Thess. 3:5.*

THURSDAY, FEBRUARY 19

The light of God shining at the heart of my being quickens, illumines, and inspires me, and all things are revealed unto me.

I TURN from all belief in ignorance and darkness. I no longer think of myself as ignorant or as living without the light of God, the light of Truth. I cease to think of myself as being without knowledge.

The light of God in the midst of me quickens me to divine wisdom, and I know all that I need to know. I know the deeper truths of Spirit. I know all that it is necessary for me to know in order to make this a happy, successful day.

The light of God quickens me to perfect understanding. I am quickened to perceive the truth of my oneness with God. The light of God shines upon me, and my path is made plain.

I am illumined! The light of God, radiating from the innermost part of my being, illumines me, and I am filled with light. There is no place for darkness within me. Only God as light has existence, reality, infinite being.

I am inspired! The mighty, inspiring truths of Spirit are now shared with me. Living in the inspiration of Spirit, I abide in the consciousness that God is the light of my life.

I myself also am persuaded of you, my brethren, that ye yourselves are full of goodness, filled with all knowledge.—*Rom. 15:14.*

AFFIRMATIONS USED BY SOCIETY OF SILENT UNITY

February 20 to March 19

The Spirit of truth quickens and illumines me.

The Spirit of health quickens and heals me.

The Spirit of plenty prospers me.

FRIDAY, FEBRUARY 20

The healing presence of Christ now felt in my mind and in my body causes me to rise out of all belief in disease, and I am thoroughly healed.

I REJOICE to live this day in the consciousness that Christ is now here in His mighty, healing presence. I am willing to give up every belief in weakness and disease. I give up every race belief that I have entertained that would limit my health or well-being.

Living in the consciousness of Christ, I can give no thought to weakness, contagion, disease, stagnation, or age. In Christ I am eternally alive. In Him I am cleansed, vitalized, strengthened, and healed. In His sight I am forevermore free, perfect, and whole.

The healing presence of Christ is within and about me. I feel Him quickening me to the realization of more life and perfect health. I accept His dictum for me. I consent to His truth that I am whole and perfect in His sight.

I rise to the consciousness that I now live in Christ, and in His face I see mirrored the mighty truth of my innate perfection.

Behold, I will bring it health and cure, and I will cure them; and I will reveal unto them abundance of peace and truth.—*Jer. 33:6.*

Disregarding the appearance of lack, I behold the convincing reality of my bountiful prosperity.

THERE CAN, in reality, be no evidence of lack, since God as substance is omnipresent. I take my eyes off any appearance of lack, knowing full well that in the truth of Spirit there is only the abundance of God. I am convinced that God is able to supply all my needs.

Unified with the mind of Spirit, I share in its rich ideas. I give up my former beliefs in insufficient supply in order to participate in the rich ideas and prosperity of Spirit.

The mind of Spirit directs me into ways of success and plenty. I am directed and guided into that place in life in which I can best serve God, myself, and my fellow man. My prosperity is assured, regardless of where I am or what I do. God's abundance is not limited to time or place.

Success attends my every effort. All that I do under direction of my spiritual consciousness has the uncompromising approval of God. His stamp of approval is placed upon all that I do, and I can accomplish all things in His name.

Every good gift and every perfect gift is from above, coming down from the Father of lights.—*James 1:17.*

SUNDAY, FEBRUARY 22

The truth of God, the truth of my mastery over things of the world, the truth of my perfection in Christ, is my chart and my compass through life.

AS I LEARN more and more of the truth of God, I give up preconceived ideas based upon ignorance and falsehood. Truth, therefore, is my salvation from falsity, ignorance, sin, evil, and disease.

The truth of God is an antidote to the belief that falsehood has substance, reality, or foundation. What is divinely true of me is mighty to annul any belief in my limitation or imperfection. The truth of God neutralizes any prevalent belief on my part in my own shortcomings or insufficiency.

According to the truth of God, I have dominion over all external things. I as the son of God am master over my world. This truth puts an end to all belief that persons, things, or circumstances can make me subservient to them.

I accept God's truth, the truth of my supremacy and perfection, as the truth of my life. I am governed, guided, and directed solely by Truth. Nothing but Truth can pass the portals of my mind. Only Truth can influence or persuade me to action.

Stand therefore, having girded your loins with truth.—*Eph. 6:14.*

Abiding in spiritual consciousness, I pray the prayer that availeth much.

WHEN I AM in spiritual communion with God, in spiritual consciousness, I am in a state of constant prayer. My every aspiration ascends to my Father. He knows my every desire and gives to me, His child, all that I desire and need.

Living with God, I pray the prayer that causes good to manifest. I bridge the gap between desire and fulfillment, between thought and manifestation. I live in that high mental and spiritual realm in which my blessings appear when I call them to me.

I know that I need not beseech or beg God for what I desire. I need not ask and invite Him to show Himself to me and to manifest in my life as the good that I need. I simply become receptive to His presence and feel Him expressing Himself in and through me as the gift that heaven sends to me.

Through prayer my aspirations ascend Godward; they reach the very heart of my being, where God reigns supreme. I am exalted through prayer, through constant communion with my Maker. I am lifted up to His glory. I ascend to spiritual heights and the blessings of heaven are showered upon me.

I will pray with the spirit, and I will pray with the understanding also.—*I Cor. 14:15.*

The sunshine of heaven is upon my path, and my way is one of peace, love, and success.

I CANNOT be deceived about what is my path through life. I cannot be guided into ways of inharmony and failure. As a son of God my path is mapped out for me, and I am pleased to go the way that Spirit has chosen for me.

The light of heaven makes my way plain and easy. Every obstacle is revealed and brushed from my path. In Spirit, there is no stumbling or confusion. The sunshine of God's love is around and about me as I go forth this day.

Peace, Love, and Success attend me. These are my ministering angels, my constant guardians. They are ambassadors of Christ. Wherever I go, there they are, ministering in His name and giving themselves unto me.

My path requires no detours into the wilderness of inharmony, fear, and failure. My way is a straight one and leads direct to the Father's kingdom. In my Father's house my reward is certain.

Going the way of Spirit, I go the way of harmony, courage, fearlessness, and success. It is God's way, His way now revealed to me, His son.

Commit thy way unto Jehovah.—*Psalms 37:5.*

My every thought is centered upon God—God, the good—God only, God supreme, God in the midst of me.

TO GOD all my thoughts are now directed. I give no thought to any supposititious opposite. In my mind and in my affections He has no rival. He alone is God and is supreme.

I know God as good. I know Him as Spirit, as truth, peace, love, health, and substance. He is the principle and law of my very being. He is the peak of my faith and of my hope.

God is omniscient. He is all the science and knowledge of Truth. He is all the wisdom of Spirit. He is the light of all things heavenly. He is all that there is to absolute spiritual science.

God is omnipotent. He is all the power that there is in Spirit, both latent and expressed. He is all the strength there is in almightiness. He is the invincible power of Truth, now conquering the falsehood of race belief that would set itself up as Truth.

God is omnipresent. He is all the presence, all the reality, all the being, all the permanence that there are in Spirit and in Truth. Besides Him, there is naught else. He is the only presence recognized in heaven.

I am God . . . the Holy One in the midst of thee.—*Hosea 11:9.*

The freeing, forgiving, restoring power of Spirit now operating in my consciousness releases me from every limitation, undesirable habit, or fault. I am now forgiven.

I NOW ENTER the consciousness of the freeing power of forgiveness. Christ within me forgives me, and I forgive myself. He releases me from every undesirable fault. I accept His forgiveness, and I no longer think of myself as in bondage to transgressions or sins of the past.

I am forgiven for every idle word, every thoughtless remark, every misdeed. Christ within me wipes the record of the past clean. In heaven there is now no record of sin, fault, or misdeed.

I am now restored to the consciousness of the truth about myself. I know that in absolute Truth I have never been apart from my Father's mercy, compassion, and love. I know that, when I thought least of myself and my merit, God in His infinite mercy and love continued to love me more and more.

Filled with forgiveness, I am forgiving toward all persons. I release them from every limited belief that I have previously entertained about them. The Christ within me forgives and restores them.

Forgive the transgression.—*Gen. 50:17.*

I am not a child of sin, disease, misfortune, or lack. From the innermost part of my being I realize that I always have been, am now, and always shall be a son of God.

TODAY I give up all belief that I was born in sin, subject to disease, or am doomed to lack and failure. I am not bound to inherit any limitations of my physical parents. I am not called upon to be subject to the frailties of fleshly heredity. I accept the truth of my divine sonship.

As the son of God I am heir to the wisdom, harmony, love, and life of God. All that my Father has is mine. His blessings are constantly bestowed upon me, His son. Heir to His kingdom of perfection, I lay hold of my spiritual heritage.

The truth of my divine sonship is my passport to all things good and heavenly. I am inseparably joined to the riches of God. Nothing can sever my connection with my Father. I cannot lose sight of my spiritual identity.

I behold all persons as sons of God. I see them as freed from personal limitations and as manifesting divine sonship. I behold them not as creatures of the flesh but as perfect expressions of the Spirit.

Ye are all sons of God, through faith, in Christ Jesus.—*Gal. 3:26.*

SATURDAY, FEBRUARY 28

Resting in the peaceful presence of Spirit, I relax from all tension in mind or in body. I am thoroughly relaxed.

MENTALLY and physically I am relaxed, because I give up those thoughts which cause tension. I yield every negative belief that would make me tense in mind or in body. My thoughts are thoughts of peace, since I abide now in the presence of God.

I can enter the silence, the presence of God, easily because I am mentally and physically prepared to relax from all tension and to rest in His presence. I am ready to let go of all concern about worldly things and to enjoy the peace and quiet of heaven, now manifest in my midst.

I know how to relax in sleep when necessary to do so, because I gladly yield my problems of the day to Him who knows how to adjust all things. I know that I rest in the love of God. Underneath me are His loving arms. He fills me with His poise and peace.

Even in the most trying circumstances of the day I am poised and relaxed, knowing that there is power in the relaxation and quiet of Spirit, assured that no circumstance can be greater than the Spirit of God within me.

Ye shall find rest for your souls.—*Jer. 6:16.*

Have You Prayed?

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